

MON

TUE

WED

THUR

FRI

SAT

SUN

PANKRATION GRAPPLING SCHOOL CLASS TIMETABLE

PORTISHEAD



www.pankrationgrapplingschool.com @pankrationgrapplingschool

BJJ Fundamentals

SENIORS 14+
06:00AM-07:00AM

BJJ NO-GI

SENIORS 14+
09:30AM-10:30PM

OPEN MAT

10:30AM-11:30AM

OPEN MAT

11:00AM-12:30PM

Mini Grapplers

AGES 4-7 
17:10PM-17:55PM

Mini Grapplers

AGES 4-7 
17:10PM-17:55PM

JUNIORS JUDO

AGES 8-13
18:00PM-18:50PM

JUNIORS BJJ

AGES 8-13
18:00PM-18:50PM

WOMANS BJJ

SENIORS 14+
18:30PM-19:30PM

JUNIORS JUDO

AGES 8-13
18:00PM-18:50PM

SENIORS JUDO

SENIORS 14+
18:55PM-20:00PM
COMPETITION CLASS

JUNIORS BJJ

AGES 8-13
18:00PM-18:50PM

BJJ GI

SENIORS 14+
18:55PM-20:15PM

SENIORS JUDO

SENIORS 14+
18:55PM-20:15PM

BJJ GI

SENIORS 14+
18:55PM-20:15PM

BJJ NO-GI

SENIORS 14+
19:30PM-20:45PM

SENIORS 14+
20:00PM-21:00PM